



King Prawn Pathia

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Ingredients

Serves 3-4

- About 4-6 raw king prawns per person, depending on size & appetite, heads removed, peeled & deveined
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 heaped tsp turmeric
- 3 cloves of garlic, crushed
- 150ml red wine vinegar
- 1 tbsp brown sugar
- 3 chillies, finely sliced
- 1 tsp tamarind paste
- 2 small or one large onion, very finely chopped
- 1 red pepper, cut into small chunks
- 1 can plum or chopped tomatoes
- a lemon cut in half for squeezing
- about 3tbsp vegetable oil (or ghee)

Instructions

This is a Parsee dish - hot, sweet & sour. It's fairly quick to cook and its combination of

flavours is delicious. It should be quite a thick sauce.

1. Dissolve the sugar in the vinegar in a small bowl and add the chillies, garlic and tamarind.
2. Fry the onions in the oil on a fairly high heat - after about 3 or 4 minutes, add the peppers.
3. Add the coriander, cumin & turmeric and stir in well, ensuring the spices don't burn.
4. Add the vinegar, sugar, chilli, garlic & tamarind mixture and stir in well. Cook for about a minute, stirring continuously.
5. Add the tomatoes, reduce the heat to a gentle simmer and cook for about 20 minutes or until sauce is thick.
6. Turn up the heat slightly, add the prawns and continue cooking until prawns are fully pink and just cooked through (probably 2-3 minutes, depending on heat - don't overcook them though).
7. Finish with a little squeeze of fresh lemon as you serve.
8. Serve with rice or naan bread.